

JUNE 2023

BERNICE FONTENEAU SWC

PROGRAMS ARE IN-PERSON AND VIRTUAL: ZOOM ID: 202 727 0338 DIAL IN: 301-715-8592



MONDAY

- 8:30** Discussion Group
- 9:00** Enhance Fitness
- 10:00** Nutrition Education
- 11:00** Step Class
- 11:00** Yoga at Yoga Heights
- 11:00** Platica en Español
- 1:00** TapFit
- 1:30** Nature Appreciation Group
- 2:00** Mindful Monday
- 3:00** Game Day

TUESDAY

- 8:30** Walking Club
- 9:00** Dance Dance Dance
- 10:00** Health & Wellness
- 11:00** Aerobics with Kojak
- 1:00** Circuit Training with Tony (YMCA)
- 1:00** Matter of Balance **NEW!**
- 1:30** Inspiration & Fellowship
- 2:00** Bingocize
- 2:00** Quilting
- 3:00** Color Connections

WEDNESDAY

- 8:30** Mindful Morning
- 9:00** S.A.I.L. with Adriene
- 9:00** Enhance Fitness
- 10:00** Mental Health Matters
- 11:00** PoundFit **NEW!**
- 1:00** Current Events & Book Club (Online Only)
- 1:00** Arts and Crafts
- 1:00** Tai Chi (YMCA)
- 2:00** Mind Over Mood/Healing Circle
Zoom ID: 353-982-0971
Passcode: 1340
- 3:00** Assessments

THURSDAY

- 8:30** Discussion Group
- 9:00** Walking Club
- 9:00** Living Well
- 10:00** Nutrition Education
- 10:00** Legal Counsel for Elderly
- 11:00** Enhance Fitness with Kojak
- 1:00** Peer Group
- 1:00** Bingocize
- 1:00** Club Memory- In person (4th Thursday only)
- 2:00** Quilting
- 3:00** New Member Orientation
- 3:00** Color Connections

FRIDAY

- 8:30** Color Connections
- 9:00** Sit Down Get Down with Neatha (YMCA)
- 10:00** Brunchin' with Nancy
- 11:00** Pickleball at Salvation Army **NEW!**
- 11:00** Club Memory Virtual (every Friday)
Zoom ID: 929 9726 8202
Phone only: 301-715-8592 + ID
- 1:00** Fun Friday
- 3:00** Tech Check with Tyra & Angela

Open Gym and Computer Lab Monday-Friday 8:30-4pm



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NEED RESOURCES?

GETHELP.DC.GOV OR 311,
TERRIFICINC.ORG-202-882-1160,
DACL.DC.GOV-202-724-5626,
BERNICE FONTENEAU SENIOR
WELLNESS CENTER, 202-727-0338

IMPORTANT DATES

MONDAY

6/5 11am HSEMA - Ready
DC in Spanish

6/12 11am Bingo in Spanish

6/19 CLOSED
for Juneteenth

6/26 Farmers Market
(Please be here by 10 am)

TUESDAY

6/13 10-12pm Grocery Plus
Pick up; Please Bring ID

6/13 New! 1pm Tuesdays
Matter of Balance

1pm Tuesdays
Nutrition in Spanish

6/28 Senior Symposium
Ballou High School (please
be here by 8:30 am)

WEDNESDAY

6/7 11 am Town Hall
Meeting

6/14 10-12 pm 2nd Day for
Grocery Plus Pick Up

6/14 Rose's Discount Store
(please be here by 9:30
am)

Arts and Crafts 1pm
6/7: Father's Day Cards
6/14: Abstract Painting
6/21: Pressed flower book
marks

THURSDAY

10-12 pm Every
Thursday:
Legal Counsel for Elderly

6/8 10-2 - Senior Dance
with CM Nadeau (please
be here by 9 am)

6/8 10 am Snap Ed with
Lynitta Lockett

6/15 1pm - Jewelry
making

6/22 1pm
Cameo Club Showcase

6/22 1pm Club Memory
In Person

6/29 1pm Jewelry
making

FRIDAY

6/23 Annapolis Water
Taxi (please be here by
9:15 am)

Fun Fridays:
6/9 Caribbean Heritage
Month Cooking Demo
6/16: Father's Day
Celebration
6/23: Pride Bingo
6/30: Paint & Sip
w/Dominique

CALENDAR IS SUBJECT TO CHANGE